HealthQuest Wellness Champion Network Monthly Webinar

Thursday, March 13 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177 Conference Code: 399 756 1793# Sign in with full name of all attendees Press *6 to mute/unmute your line or Mute your personal line Please check the volume on your phone



Agenda

- Welcome New Champions!
- National Nutrition Month
 - Share Events/Promotion
 - Recipe Round-Up
- Financial Fitness Challenge Intro
- April 30th National Walk at Lunch Day
- Make April a Month to Move!
- HealthQuest Participation
- 10 Vital Behaviors of a Self Leader #3
 - Jack Bastable, CBIZ





WCN Healthy Recipe Round-Up



Thanks to all contributors!

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HOW THE CHALLENGE WORKS

The goal is to "save" 500 virtual dollars in 4 weeks. Save 10 virtual dollars each DAY:

- · Keep track of your total daily spending
- · Avoid using a credit card

Save 20 virtual dollars each WEEK:

- · Pay bills on time
- · Balance your checking account

Save 30 virtual dollars each MONTH:

- Set aside money into a savings account
- · Set aside money into a retirement account
- *Note that the 2 monthly activities will be available for tracking on the portal at the end of the challenge.
- **Save 500 virtual dollars by April 30 to successfully complete the challenge and earn 5 credits for the Rewards Program.

National Walk @ Lunch Day

Sponsored by Blue Cross Blue Shield of Kansas

Wednesday, April 30, 2014

Official walks will be coordinated in Topeka, Salina, Wichita and Hutchinson (Hutchinson is new this year)! If you are located in a city without an official walk, we encourage you to coordinate one with your co-workers!

The promotional materials are not available yet, but we will let you know as soon as they are posted to http://www.bcbsks.com

Tens of thousands of walkers from across the country participate each year!

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Make April a Month to MOVE!

- Promote and participate in National Walk @ Lunch Day
- Take a cue from these 5 leaders who valued the "walking meeting"
- Start a club or challenge with your co-workers to move more during the day
- Share HealthQuest materials to promote physical activity and program tools and resources that can help – Marissa will send as follow up

Watch and Listen to the TED Talk here: http://www.youtube.com/watch?v=iE9HMudybyc



HealthQuest is gearing up for a reminder campaign to begin in April. We'd love your help to spread the message word-of-mouth with your co-workers!

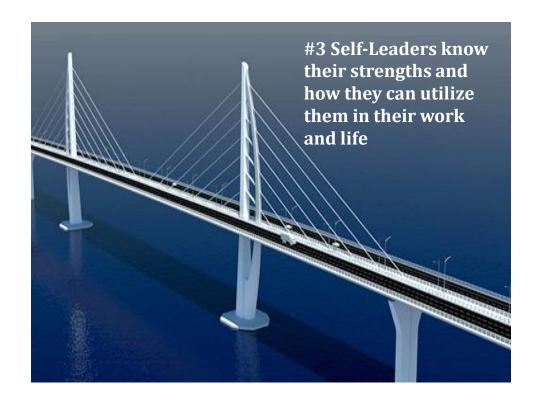












"To produce excellence you must study excellence"

Don Clifton Founder of Gallup Strengthfinder

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#3 Self-Leaders knows their strengths and how they can utilize them in their work and life

- · Identify their personal strengths
- · Seek ways to utilize their strengths in or out of their work life

Resource:

<u>Strengths Finder 2.0</u>, Tom Rath <u>http://strengths.gallup.com/default.aspx</u>

Jack's Strength's*

- Activator
- Maximizer
- Individualization
- Achiever
- Connectedness

*Gallup Clifton Strengths Finder



Thank You for Attending Today!

- Next Meeting is Thursday, April 10 at 11-11:45am
- Secret Question
- Open Questions / Comments